

THE UNITED STATES MILITARY ACADEMY

On behalf of the President of the United States of America,
the Admissions Committee of the United States Military Academy
takes great pleasure in announcing an

APPOINTMENT



Joining the
'long gray
line'

page 11

The Fort Jackson Leader

Thursday, February 26, 2009

Published for the Fort Jackson/Columbia, S.C. Community

www.fortjacksonleader.com

Prescribed burn



Photo by Crystal Lewis Brown

Matt Holstein, with the Directorate of Public Works, burns a portion of grass near Camden Range as part of a prescribed burn, Sunday.

McCrady Sailor dies

Mike A. Glasch
Leader Staff

An autopsy has revealed that a Sailor died after a heart attack at McCrady Training Center Feb. 17.

Cmdr. Joseph Salkeld, of Argyle, Texas, was activated in January for Individual Augmentee training, to be followed by overseas deployment.

According to Navy Capt. James McGinley, officer in charge, Navy IA Training, McCrady Training Center, Salkeld collapsed following a 1 1/2-mile road march to the McCrady Military Operations on Urban Terrain site.

During the march, Salkeld was lagging behind the rest of his unit. Several times during the march, classmates and drill sergeants asked Salkeld if he was all right and if he wanted a ride to site. Each time, Salkeld refused assistance and continued marching with the unit.

Shortly after arriving at the site, Salkeld stated that he did not feel well and fell backward. Two of his fellow Sailors, a Navy doctor and nurse, along with his drill sergeant, rushed to his aid. They found that Salkeld did not have a pulse and began administering CPR and tried to revive him with a defibrillator.

They continued to try to resuscitate Salkeld until Emergency Medical Service personnel arrived. Salkeld was transported to Dorn VA



Courtesy photo

Commander Joseph Salkeld collapsed and died Feb. 17 during a road march at McCrady Training Center.

Medical Center where he was pronounced dead on arrival.

The 53-year-old served 10 years on active duty as a helicopter pilot. He had been promoted to commander Jan. 23.

Salkeld is survived by his wife and two college-aged daughters.

Michael.A.Glasch@us.army.mil

National Prayer Breakfast to reflect on leadership

Chaplain (Capt.) Jerry Johnson
2nd Battalion, 39th Infantry Regiment

On Tuesday, the Installation Chaplain Office will host the National Prayer Breakfast, scheduled to begin 7 a.m. at the NCO Club.

Installation Chaplain (Col.) Henry Haynes will speak on the theme, "Prayer: The Strength of Great Leaders." Music will be provided by the Hammond School Select Ensemble and the 282nd Army (Victory) Band.

Haynes chose this particular theme to help all of those who at-

tend reflect on the purpose of the National Prayer Breakfast.

The history of this event goes back to 1942, when — during the most difficult moments of World War II — a small group of senators and representatives began to meet. While determining how they might be of personal and spiritual support to each other, they decided to meet to pray.

In 1953, President Dwight Eisenhower established what was then termed the Presidential Prayer Breakfast, with a goal of seeking divine guidance and promoting a national dependence upon God.

The name of the official gathering was changed to the National Prayer Breakfast in 1970, which is now held in Washington on the first Thursday of February. Many military installations have their own National Prayer Breakfast events to support the national emphasis.

At this year's event, Haynes will examine three leaders in history: George Washington, Abraham Lincoln and a typical "military professional."

See **NPB** Page 4

COMMANDERS' CORNER

From the Commanding General

Women's contributions to Army worth celebrating

Do you know that roughly 80 percent of the women enlisting in our Army receive their Basic Combat Training right here on Fort Jackson?

Did you also realize that we will begin a month-long observance of Women's History Month in less than a week?

Accordingly, this is a good time to take a minute and examine the long list of accomplishments of women who have and continue to serve in the United States military.

Military service for women is an ongoing journey and one that began way, way before my time.

Incredibly, we can trace women's military service all the way back to the American Revolution, when Margaret Corbin — dubbed Captain Molly — assumed the post of her husband after he was killed at the cannon. Captain Molly subsequently received the military pay she was due and following her death was laid to rest at West



Brig. Gen. May

Point.

Fast forward to the Civil War, and reflect on the many roles that were assumed by women. During the conflict between the states, women served as nurses, supply specialists, and even spies — while some of them

disguised themselves as male Soldiers to fight on the frontlines. Women were instrumental in organizing public relief. They staffed government, hospitals and whatever else needed staffing. One woman even acted as an assistant surgeon tending to the wounded.

Women's contributions in the Army's medical field took center stage in the subsequent Spanish-American War. Some 1,500 nurses served with our Army in Cuba, Hawaii, Puerto Rico, as well as in

stateside hospitals.

In World War I, women were enlisting everywhere. More than 12,000 served stateside, while overseas Army and Navy nurses, volunteers for the Red Cross, and others were tending to the medical needs of our doughboys.

In the subsequent global conflict, World War II, women's participation was off the charts. Approximately 400,000 women served in all the branches of service and in every theater. Some 460 women made the ultimate sacrifice, losing their lives, while nearly 100 military nurses were held as POWs.

American military women's contributions were immense in the Korean and Vietnam eras as well, but it wasn't until the late 1960s that we had the legal ceilings on women's promotions lifted.

In 1970, we saw our first woman general officer. Slightly more than five years later, women were permitted to enroll in

the military service academies. And now this past year, we have seen the Army's first four-star general, when former President Bush in June picked Ann E. Dunwoody, then a lieutenant general, to serve as head of the Army's supply arm.

Today military women are serving in all types of positions. They number almost 350,000 strong across the Armed Forces — active duty, the Guard and Reserves. Let's expand the military focus a bit and think about the fact that more than 2 million women are assuming federal positions that run the gamut — from teachers to firefighters to ship captains.

Just take a look around right here at Fort Jackson and I think you will agree that women are performing a marvelous role not only in our Army, but also in our civilian workforce.

I encourage each of you to join in our observance of Women's History Month on March 18.

Ask the Garrison Commander

GoArmyEd Web portal; finding a job on Fort Jackson



How do I search for schools/degree plans on the GoArmyEd portal?

To access GAE, log onto www.GoArmyEd.com. The GAE Web site houses a wealth of information to aide in your college search. Once in the site, follow the links and find answers to your education questions.

Col. Dixon

How do I determine if I'm eligible to use my Montgomery GI Bill after I leave the service.

Access www.gibill.va.gov, complete a DD Form 22-1990 and submit to the Veterans Administration to determine your eligibility. Visit the Army Continuing Education Services center for a paper copy of the DD Form 22-1990.

How can I get a list of the job openings on Fort Jackson that are being advertised in the local news media and how do I apply for them?

There are several methods of getting information on Fort Jackson job openings and instructions on how to apply for them. Online, logon to www.cpol.army.mil and [\[ajobs.gov\]\(http://ajobs.gov\) Web sites. For nonappropriated fund jobs, see \[www.fortjacksonmwr.com/nafl/\]\(http://www.fortjacksonmwr.com/nafl/\).](http://www.us-</p></div><div data-bbox=)

Garrison Fact of the Week

Fort Jackson is only one of seven U.S. Army installations that still has an Officers' Club. The success of the club is attributable to outstanding membership support and club management's willingness to allow the club to host non-traditional activities. Additionally, the club is supported by the Fort Jackson community.

To submit questions to "Ask the Garrison Commander," call 751-5442, or e-mail Scott.Nahrwold@conus.army.mil.

The Fort Jackson Leader

Fort Jackson, South Carolina 29207

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For the record

The Chapel article "We learn to love by imitating God's love" on Page 23 of the Feb. 19 Leader was written by Chaplain (Capt.) David Morrison, 3rd Battalion, 13th Infantry Regiment.

NEWS

Post facilities to use green energy

Daniel Terrill
Leader Staff

The Army takes a proactive step toward clean energy sources, and Fort Jackson leads the way by replacing diesel generators with hydrogen fuel cells at select facilities.

Ten fuel cells will be installed as primary backup power sources for the Directorate of Information Management, the Directorate of Emergency Services and the Energy Module Control Center. The units have zero emissions and will require less maintenance, said Georges Dib, chief of operation and maintenance division.

Logan Energy Corp., based in Roswell, Ga., was contracted for the project, which will be completed by early spring, said Keith Spitznagel, Logan Energy spokesman.

The process involves: locating where the fuel cells can be placed; designing plans to connect it to the infrastructure; pouring the concrete; connecting it; and lastly inserting the hydrogen bottles, Spitznagel said.

Each fuel cell will have six hydrogen bottles that last for 12 hours. In addition, most of the units will be connected to an uninterruptible power supply, which stores electricity from a primary source, so that the fuel cell will

be able to last longer during emergencies, Dib said.

The fuel level of the cells will be monitored via computer, which also alerts controllers about maintenance requirements, Dib said.

DOIM Director Jesus RosaVelez welcomes the influx of technology. He said he looks forward to having backup power units that are more compact, less of an eye sore and, compared to the diesel generators, less noisy.

The \$500,000 project was funded by the Department of Energy, Army Corps of Engineers, Advanced Technology Institute, and the South Carolina Research Authority.

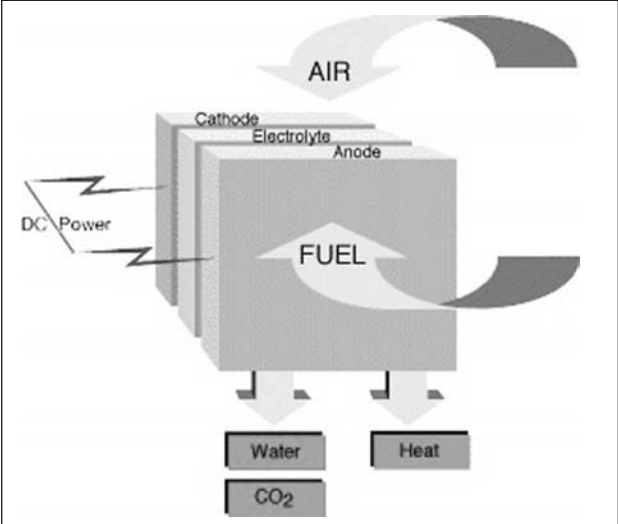
During the first 18 months, the DOE controls the project. The department will train Fort Jackson personnel in fuel cell maintenance during that timeframe, Dib said.

There are no known dangers in using hydrogen fuel cells, Dib said.

“If there were, we would not use them on Fort Jackson,” he said.

Fort Jackson’s implementation of clean energy sources will be showcased at the National Hydrogen Association Conference in Columbia March 30.

Daniel.Terrill@us.army.mil



Graphic by Army Corps of Engineers
Hydrogen enters one side of a fuel cell and oxygen enters the other. Within a fuel cell, the hydrogen and oxygen meet, forming water. As the water is formed an electron is harvested and used to provide electricity. The distilled water is expelled from the fuel cell.

Leadership lecture



Photo by Daniel Terrill

Retired Lt. Gen. William “Joe” Bolt speaks to Fort Jackson leaders Feb. 18 at the NCO Club. Bolt was the first speaker in the quarterly Leadership and Training Guest Speaker Program.

River Raiders Stakes



Courtesy photo

Soldiers from the 3rd Battalion, 60th Infantry Regiment compete in the battalion’s “River Raider Stakes” Feb. 12. The team-building contest included canoe carrying, rowing and marksmanship.

Around Post

Installation Planning Board

The next Installation Planning Board will convene 1:30-3:30 p.m. Tuesday at the Post Conference Room.

The IPB serves as the platform for identifying and providing a common operating picture of installation capabilities and tenant requirements. For more information, call 751-7271.

Women's History Month

Moncrief Army Community Hospital is hosting the Women's History Month Luncheon from 11:30 a.m. to 1 p.m., March 18 at the Officers' Club. The guest speaker will be Judi Gatson from WIS-TV. To buy tickets or for information, call 751-2773.

AER fundraising

The annual Army Emergency Relief campaign starts Monday. The campaign kick-off event will be held at 10 a.m. Tuesday at the Joe E. Mann ballroom and is open to the entire Fort Jackson community. To contribute or for more information, call the AER office at 751-5256. Unit campaign representatives also have information about how to contribute to the program.

AFAP Conference

The annual Army Family Action Plan conference is held from 8 a.m. to 5 p.m. March 4 and from 8 a.m. to noon March 5 at the Officers' Club. For more information, call 751-5444.

NPB (continued from Page 1)

Haynes will present Washington and Lincoln as examples for those in the military. Washington was a deeply faithful and religious man for his entire life, being taught the scriptures by his mother. He is certainly an important figure in the development of what would become the U. S. Army Chaplain Corps. He was known as a man of prayer.

Lincoln, on the other hand, had a faith that was more complex, perhaps contradictory on the surface. His faith and prayer life were influenced by pivotal events, such as his son's death and the Battle of Gettysburg. During the Civil War, he grew in his belief in God's providence.

Extending to the military professional, Haynes asserts it is important to embody the principles of faith and prayer to daily life. In his message he plans to share how knowing this rich history of two great presidents can impact those serving today.

The key passage of scripture is Psalm 33:12-22. King David

states in verse 12, "Blessed is the nation whose God is the Lord, the people whom he has chosen as his heritage!"

Haynes argues prayer is the most powerful tool in our life, at any time, but especially in times we are in today — with the nation facing a serious economic crisis and a persistent conflict in two theaters. He is also going to offer quotes on prayer from Presidents Lyndon B. Johnson, Woodrow Wilson, Abraham Lincoln and John F. Kennedy. One of the famous quotes at the Lincoln Memorial reads, "I have been driven many times to my knees by the overwhelming conviction that I had nowhere else to go. My own wisdom, and that of all about me seemed insufficient for the day."

Haynes hopes those who come to this year's National Prayer Breakfast will leave convinced that Lincoln is right.

Soldiers can get tickets through their unit ministry teams in battalions and brigades; civilians and contractors can call the Installation Chaplain Office at 751-7318/3121 for tickets. A donation of \$5 is suggested at the door.

Musical guests



Photo by Daniel Terrill

The 282nd Army (Victory) Band hosted the Trombones de Costa Rica, above, at the Band Hall Feb. 18. The visiting band and their Soldier counterparts shared experiences and musical exercises. Later that day the Trombones de Costa Rica performed at the USC School of Music.

Customer Service Corner

The Civilian Employee Focus Group was held on Feb. 12 at the Plans, Analysis and Integration Office. The purpose of the forum was to surface and discuss issues affecting both appropriated and non-appropriated fund employees on Fort Jackson. Seventeen delegates attended, representing directorates and organizations across the installation. The following issues were surfaced by the delegates and out-briefed to the Garrison command:

Issue: Bias with NSPS pay pool

Scope: The pay pool panel members for employees under the National Security Personnel System are a part of the employee's organization. This method (using panel members within the organization instead of outside agencies) may lead to biases, which impacts the monetary awards given at the end of the rating period. All employees under NSPS could be adversely affected in the area of pay raises and promotions.

Recommendation: Provide statistics on rebuttal successes and failures. Also, form a committee comprising organizational employees who are effected by the NSPS pay pool to oversee the process and ensure proper procedures are being followed.

Issue: Crosswalk safety

Scope: Drivers are not stopping for pedestrians attempting to cross the road. This is particularly true for Solomon Center patrons trying to cross Strom Thurmond Boulevard; and Moncrief hospital

patients trying to cross Stuart Street (the side street between the hospital and child-care facility). Failure to yield to pedestrians poses a safety hazard and a potential loss of life.

Recommendation: Mark a crosswalk at these street crossings and add a flashing light (similar to that on Marion Street) to alert drivers of the presence of pedestrians.

Issue: Lack of Training for AAFES Employees

Scope: There is no formal training for new AAFES employees. New hire orientation only trains on company policies such as dress code, not on actual job performance. This affects the entire military community, not just new hires, because it results in poor customer service without proper expectations.

Recommendation: Implement a training program for all new hires. Provide job shadowing for all new hires.

Other areas of improvement suggested by the delegates include: parking at Moncrief Army Community Hospital; the current 800 number for the Welcome Center; additional Directorate of Public Works maintenance workers; the existing Resumix format; additional signage and directions on Family Day; the pay grade level of Licensed Practical Nurses; advertisement of policy on alcohol and tobacco purchases by visiting families; night differential, shift and holiday pay; and computer access for visiting Soldiers.

All of the issues will be forwarded to the directorate or organization responsible for working them. Issues which cannot be resolved at directorate or organization level will be submitted to the Army Family Action Plan Conference scheduled for March 4 and 5 at the Officer's Club.

The Civilian Employee Focus Group was held as part of the Community FIRST quarterly issue resolution process, which allows community members to submit concerns that cannot be fixed by the ICE system. A complete list of issues submitted through Community FIRST can be found on the Fort Jackson Customer Management Services Homepage at: <http://www.jackson.army.mil/WellBeing/wellbeing.htm>.

New issues may be submitted on the site as well, by clicking on "Submit an Issue or Recommendation" or on the Community FIRST/AFAP Logo. Whether it affects individuals or constituent groups, here at the installation level or throughout the Army — feedback is important.

ICE APPRECIATION

The Garrison congratulates Moncrief Army Community Hospital; specifically the mammography and physical therapy sections. They have achieved a 5.0 and a 4.81 percent rating, respectively, in employee/staff attitude of a possible 5.0 throughout a 12-week period. This is an outstanding performance in Customer Satisfaction.

A tip of the campaign hat to this week's ...

Drill Sergeants of the Cycle

from the 'First at Vicksburg' Battalion



Staff Sgt. Tarasha Wilson-Evans
Company A,
1st Battalion,
13th Infantry
Regiment



Staff Sgt. Corey Thomas
Company B,
1st Battalion,
13th Infantry
Regiment



Staff Sgt. John Bowyer
Company C,
1st Battalion,
13th Infantry
Regiment



Staff Sgt. Jeremy Fernandez
Company D,
1st Battalion,
13th Infantry
Regiment



Staff Sgt. Susie Nu'uvali
Company F,
1st Battalion,
13th Infantry
Regiment

Spotting a motorcycle on the road can be just as hard as finding one in this picture.

Keep an eye out for motorcycles.



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Portfolios need tailoring to meet current needs

Azure Celestine-Brown
Financial Planner

The challenging investment environment of 2008 taught many Americans a painful but valuable lesson — it pays to know where you invest your money and whether that strategy is suitable for your circumstances.

Many people rely on mutual funds, preferring that professional managers make day-to-day trading decisions. While this approach may make sense for the non business savvy, and take some of the complexity out of investing, it does not let a person off the hook when it comes to understanding where they put their money.

A mutual fund is merely a conduit to the stock and bond markets, not an alternative to it. A fund is made up of individual securities that will include stocks, bonds and cash investments.

At the most basic level, mutual funds can be broken down into three categories:

Stock Funds — these invest primarily in equities of companies, either in the U.S. or overseas. There are a wide variety of stock funds, ranging from index funds that own a representative percentage of stocks in the market, to sector-specific funds that focus on a particular type of company, such as technology or natural resource stocks. With a stock fund, a person is investing in the expectation of future earnings power of the company. Most of the return will be the result of changes in stock prices.

Bond Funds — these are funds that es-

entially invest in IOUs. Bonds are a form of credit offered by investors to bond issuers. For instance, government entities finance their debt by issuing bonds. Corporations do the same thing. The return to investors comes mostly from the yield bonds generate, but a bond can fluctuate in value and be worth more or less than its face value if it is sold before reaching the maturity date. That is why bond funds can change in price as well, though typically, not as dramatically as is the case with stock funds.

Money Market Funds — investors who want to keep money in a cash-equivalent investment will turn to money market funds. These are funds invested mostly in very short-term securities issued by government entities, banks and corporations.

Most people who put money to work in a money market fund are looking first and foremost for a safe place to keep a portion of their liquid assets. The return is typically quite low, but that is the tradeoff for the corresponding level of risk.

Money market mutual funds are generally designed to maintain a stable net asset value of \$1 per share (though there is no guarantee that a fund will do so). The only variability that should occur with this type of fund is the amount of interest it pays to shareholders.

Finding the right investments

After deciding on an investment strategy, a person should next determine what is right for his or her circumstances. Factors that come into play include the time one

has to let his or her investments work before reaching a goal and a person's tolerance for risk. Be aware that the more aggressive one's risk tolerance is, the more volatile his or her portfolio is likely to be in the short term.

To help sort through the thousands of fund options, there are ways to simplify the process. One is to choose a "fund of funds," a mutual fund that invests in other funds that typically seek to achieve a specific investment objective. Another simple alternative is to select "target date" funds. In this case, a person chooses a fund that is managed toward an objective of a specific year that coincides with their own goal.

Once a person has decided which type of mutual fund is right for them, it is time to do some homework. What is important is understanding the fund's investment strategy and accompanying risks and learning about the fund's management by reading the prospectus, which describes the fund's objective and the strategy used to achieve it.

One should also read the quarterly, semi-annual and annual reports to see the actual fund holdings to make sure he or she is comfortable with the investments the managers are making, and the size of those investments as a percentage of the entire portfolio.

When a person invests in several mutual funds with prominent positions in one particular company, he or she could be less diversified than they had planned to be.

Now more than ever, each dollar matters and people have an obligation to understand and be comfortable with the investments they select. A financial adviser can help determine appropriate investment strategies that are right for each person.

An investment in money market funds is not insured or guaranteed by the Federal Deposit Insurance Corporation or any other government agency. Although the fund seeks to maintain the value of an investor's investment at \$1 per share, it is possible to lose money by investing in the fund.

There are risks associated with an investment in a bond fund, including credit risk, interest rate risk, and prepayment and extension risk. In general, bond prices rise when interest rates fall and vice versa. This effect is more pronounced for longer-term securities.

Investment products, including shares of mutual funds, are not federally or FDIC-insured, are not deposits or obligations of, or guaranteed by any financial institution, and involved investment risks including possible loss of principal and fluctuation in value.

"Fund of funds" and "target date funds" are comprised of holdings in several different funds, which may include small-cap, mid-cap, large-cap, money market, international, bond, and/or sector funds.

Each of the underlying funds in which the portfolio invests has its own investment risks, and those risks can affect the value of each portfolio's shares and investments.

Retirement



Photo by Mike A. Glasch

Sgt. Maj. Belinda Robinson, Soldier Support Institute, is honored at a retirement ceremony Wednesday in front of post headquarters Wednesday. Robinson retired after 27 years of service. Also honored were Master Sgt. Kim Charleston and Sgt. 1st Class Larry Keyes, both of whom retired after 22 years of service.

YEAR OF THE NCO



NCO spotlight on ...

Rank, name

Sgt. 1st Class Othen Prock

Unit

Company E, 2nd Battalion, 60th Infantry Regiment

Job title / Military Occupational Specialty

Drill sergeant / 15P Flight Operations

Years in service

22 years (four in the Navy)

Marital status

Married with three children, one son is in the Navy

Highest education

High school

Hobbies

Computer programming

. . .

In the 22 years Sgt. 1st Class Othen Prock has served, he was deployed twice with the Army to Iraq and once with the Navy. He has been stationed at Fort Drum, N.Y., Fort Rucker, Ala., Korea and here.

He said his most memorable experience in the Army was becoming a drill sergeant. Before instructing, he didn't think a Soldier could change, but now he said "with a little bit of work, a little bit of encouragement you could turn a Soldier who wasn't quite up to standard, into an outstanding Soldier."

Twelve years ago his squad leader Staff Sgt. Steve



Photo by Daniel Terrill

Sgt. 1st Class Othen Prock spent four years in the Navy and 18 years in the Army. He plans to retire in 2010.

Longstreet gave him advice, which epitomizes how Prock leads his Soldiers today.

"In order to be a good leader you have to be able to lead the worst follower," he said.

At the end of 2010, Prock said he will retire from his military career and will go to college. He said he hopes to become an entrepreneur computer programmer.

His advice for junior enlisted Soldiers: "Always maintain your professional bearing. Stay professional at all times."

We salute you!

The NCO Creed

No one is more professional than I. I am a non-commissioned officer, a leader of Soldiers. As a non-commissioned officer, I realize that I am a member of a time-honored corps, which is known as "the backbone of the Army." I am proud of the Corps of Noncommissioned Officers and will at all times conduct myself so as to bring credit upon the corps, the military service and my country regardless of the situation in which I find myself. I will not use my grade or position to attain pleasure, profit, or personal safety.

Competence is my watchword. My two basic responsibilities will always be uppermost in my mind — accomplishment of my mission and the welfare of my Soldiers. I will strive to remain technically and tactically proficient. I am aware of my role as a non-commissioned officer. I will fulfill my responsibilities inherent in that role. All Soldiers are entitled to outstanding leadership; I will provide that leadership. I know my Soldiers and I will always place their needs above my own. I will communicate consistently with my Soldiers and never leave them uninformed. I will be fair and impartial when recommending both rewards and punishment.

Officers of my unit will have maximum time to accomplish their duties; they will not have to accomplish mine. I will earn their respect and confidence as well as that of my Soldiers. I will be loyal to those with whom I serve; seniors, peers, and subordinates alike. I will exercise initiative by taking appropriate action in the absence of orders. I will not compromise my integrity, nor my moral courage. I will not forget, nor will I allow my comrades to forget that we are professionals, noncommissioned officers, leaders!

Drill sergeant gives selflessly to save patient

Daniel Terrill
Leader Staff

When Staff Sgt. Lawrence Bessey, Company F, 1st Battalion, 61st Infantry Regiment drill sergeant, was asked to sign up for the DoD National Bone Marrow Donor Program, he did not hesitate.

The odds of a donor being a preliminary match for a patient in need are one in 10, according to the program's Web site.

When a program representative told Bessey last fall that he beat the odds, he volunteered just as fast as he signed up, he said.



Staff Sgt. Bessey

was the best possible match for a patient. The only details known to Bessey are

"It really didn't take much thought to do it," he said. "It just seemed like the right thing to do."

After being informed that he was a preliminary match, Bessey was asked to give blood samples for further testing. The tests showed that he

that the patient was a 38-year-old man suffering from Non-Hodgkins Lymphoma.

Upon hearing the details, Bessey's thoughts turned to the man he could help.

"I'm 30, he's 38, what if he has kids, a wife," he said. "Whatever (the circumstances are), he deserves a chance, and if I could give him that chance than I would do anything I could to do it."

The process of donating the bone marrow took five consecutive days. Bessey was injected with a chemical that pushed marrow out of his bones. He compared it

to donating plasma, only a lot more painful.

"After the first day of injections I could feel throbbing in my thighs and pelvis," he said. "I felt weak for a couple of days afterward."

Despite the pain, Bessey said he is glad he was able to help.

"My (profile) just happened to match, so it might be a once in a lifetime chance to help somebody out like that," he said.

If interested in becoming a donor, visit www.dodmarrow.org.

Daniel.Terrill@us.army.mil

FEATURE

Drill sergeant's son accepted at West Point

Julia Simpkins
Leader Staff

Living and maintaining a standard of excellence is a way of life for career Soldiers. Their children, because of the environments they grow up in, often learn to maintain the same standard.

So when they grow up and decide to take Soldier-excellence to its highest level, one can assume it's because of their parents. This is definitely true of 18-year-old Angel Collado, a military family member who was accepted into the United States Military Academy at West Point.

Collado's father, Sgt. 1st Class Angel Torres, is a drill sergeant at 3rd Battalion, 34th Infantry Regiment. A 10-year Army veteran, Torres and his wife Rachel said their son has been greatly influenced by his father's career choice.

"He was 8 years old when I joined the Army. When I went out to do training I'd come home and tell them (their children) about it. They've been through two deployments to Iraq and one to Kuwait," Torres said.

Though thrilled, Torres and his wife are not surprised at their son's success.

"Angel always tries to be the best," Rachel said. "He's very competitive. He wants to shine and have his dad salute him. Watching his dad — who he became when he was a Soldier — he was fascinated by that and that's what he wanted to do."

Collado, a 2008 honor graduate of A.C. Flora High School in Columbia, has overcome some obstacles in his life.

"When he was a baby he had asthma. When he submitted his medical records to get into West Point, everything stopped when they saw that," Rachel said.

A series of doctor visits and testing regimens followed, and Angel missed his first opportunity to attend West Point in August 2008. Since he had already graduated high school he decided to use his time wisely, training to be a cadet. Through West Point's admissions program, he was accepted into Marion Military Institute in Marion, Ala.



Courtesy photo

Cadet Angel Collado displays his appointment to West Point. He is the son of a Fort Jackson drill sergeant.

"Cadet Collado is in our service academy program. He's one of 38 cadets who are sponsored by the Association of Graduates of West Point from a nationwide scholarship program," said retired Lt. Col. David Bauer, a history professor at Marion who oversaw Collado's training and as advisor for West Point candidates, facilitated Collado's application to West Point. Bauer is also a West Point graduate who once taught military history there.

"I teach my history class here just like I taught it at West Point," he said.

An advantage of attending a military academy, Bauer said, is the opportunity to live a cadet's life in advance of the real thing.

"The cadets here at Marion — 400 students total — are organized like at West Point into companies living in

dorms with cadet leaders. It is a full military program all year long, so they are well prepared to get to West Point."

In addition to military training, Collado faces a full curriculum of college courses that reflect the regimen at West Point and other military academies. Bauer made the point that the curriculum makes a cadet at his school more than ready for West Point.

"He raised his SAT scores: verbal and math — that's part of the additional courses that we give. Most of them will retake the test after having this special course and most will raise their score, which he did. Required courses include math, chemistry with a lab, English composition, U.S. history, military science and physical training," said Bauer.

The Torres family has six children, three of whom plan to serve in the military. His father, though admittedly influential, refuses to take credit for his son's achievements.

"Angel (Collado) is the one with leadership potential. Of all our kids, he's the one," Torres said. "I honestly could sit here and tell you about my military career, but he did this by himself."

Collado was inducted into the National Honor Society in junior high school. He remained a member until his high school graduation. In high school he held many leadership positions in their Junior ROTC program, starting at the bottom and working his way to battalion commander.

His life has not been without challenges. Collado and his family moved here from Texas in the middle of his senior year in high school.

"I was willing to stay behind for him to graduate," Rachel said, "but he said he wanted to come here. It's amazing how a parent can be in awe of her child."

Collado said discipline is the difference people who excel in life and those who don't.

To those who would follow in his footsteps he said, "Although it's fun to party, you need to plan long term. In freshman year I started to plan. I was upset because my parents wouldn't let me hang out, but now I thank them."

Julia.Simpkins@conus.army.mil

FEATURE

WTU Soldier prepares for life after Army

Mike A. Glasch
Leader Staff

It has been nearly two years since Staff Sgt. Timothy Gillem was injured when an Improvised Explosive Device exploded under the vehicle he was traveling in. The road to recovery has been a long one for the 13-year veteran — a road of physical, emotional and vocational rehabilitation while assigned to the Warrior Transition Unit.

His condition is like a “strange animal,” Gillem said. “I get better one day, then on a cold day it bothers me. I wake up and I can feel it. It makes me ache. I hate it.”

On April 12, 2007, while stationed in Samarra, Iraq, with the 82nd Airborne Division, Gillem, the infantryman and his team were headed back to their base. While crossing a canal, the IED was detonated underneath them.

“I remember talking to my buddy, then feeling the explosion. The next thing I remember is waking up in Balad (one of the largest American bases in Iraq and home to a level 1 trauma center),” he said.

Others have had to help Gillem fill in the details.

“My buddy lost his right leg below the knee. Later I found out he had recovered his leg, rolled around the outside of the vehicle to my side to get me out. He stayed on top of me, protecting me from enemy fire,” Gillem said. “The kid who was in the turret was bleeding from shrapnel that hit his face. He still kept engaging the enemy, even though the vehicle was totally destroyed.”

Gillem’s injuries included shrapnel lodged in his back and neck, damage to his spinal cord, a dislocated jaw and a cracked eye socket. Initially, he physically recovered from his injuries enough to be able to



Courtesy photo

Staff Sgt. Timothy Gillem, left, and Staff Sgt. Tony Saxton were both severely injured when an IED exploded under their HMMWV (seen here) outside Basra, Iraq, April 12, 2007. Gillem is currently in the Fort Jackson Warrior Transition Unit preparing for civilian life.

return to his unit and finish out his tour in Iraq. It wasn’t until he returned stateside in late 2007, that Gillem knew he still had a lot of work ahead of him.

“When we got back (to Fort Bragg, N.C.) I went on a jump which I wasn’t supposed to. But we hadn’t gotten the word that anyone who had been injured wasn’t supposed to jump. It really let me know that something wasn’t right still,” Gillem said.

That’s when Gillem was transferred to the Fort Bragg WTU.

“It seemed like every day they were finding something else wrong with me,” he

recalled. “I ended up getting about 50 to 55 shots in my spinal cord. I can’t stand for long periods of time anymore. I have to sit down every few minutes. But I can’t complain, at least I’m alive. It could always be worse, I could be (buried) in Arlington.”

In November, Gillem was transferred from the WTU at Fort Bragg to the WTU here at Fort Jackson. That’s when he said that his emotional and vocational rehabilitation started in earnest.

“It’s much more tailored, more personal face-to-face care with the squad leaders and platoon sergeants here,” Gillem said.

“I think that’s because up at Bragg you have about 1,000 Soldiers in the WTU, where as here it’s closer to about 80.”

He is also closer to his wife and children who are living in Travelers Rest just outside of Greenville.

“That was the hardest part of trying to heal — getting shots every day, then going back to an empty house. It got worse to the point it was affecting my moods,” Gillem said. “Now, being only 85 miles away from family, as opposed to 285 miles, has been a good thing for me and my family.”

Gillem is in the process of receiving a medical discharge. He is preparing for life out of uniform with the help of the Disabled Transition Assistance Program and the Army Career Alumni Program. He has been going to mock job interviews, learning how to write a resume and learning about career opportunities available to disabled veterans.

Gillem plans to start his own personal security company outside of Greenville. He has a business plan and has been in touch with the Small Business Administration to start the process of applying for a Patriot Loan — a program designed to help veterans of Iraq and Afghanistan start their own business.

“I feel like I still have some skills to offer. If I can’t do it in the military, I think I will be able to do it out in the world,” Gillem said.

Gillem said he also sees his future enterprise as a way to help Soldiers who find themselves facing the same challenges he has faced.

“I’m hoping through this business that I can help a lot of guys get back on their feet and realize that there is still hope,” he said.

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ARMY NEWS

Army launches new 'MyArmyBenefits' Web site

Gary Sheftick
Army News Service

WASHINGTON — The Army's G-1 staff launched a redesigned Web site last week that consolidates all Army benefits information at one location and includes calculators that Soldiers can use.

The *MyArmyBenefits.us.army.mil* site has calculators that allow Soldiers to see how much money they can expect to receive upon retirement or how much their family would receive if the unthinkable happens.

"Soldiers owe it to their family to let them know they will be taken care of if something happens," said Lt. Col. Jay Carlson, the program manager for the site.

The site also lists information on 150 different benefits ranging from child care to education assistance. Fact sheets are provided on a variety of family services, recreation programs, Space-A travel, Army Emergency Relief, health care, spouse employment assistance and many other programs.

In addition, there are 54 state and territory fact sheets that break out different benefits for Soldiers who live in each state.

"The state (and) territory benefits page is helpful because all I had to do was click on my state on the map and I could see all the benefits my state offered," Staff Sgt. Michael O'Brien said. "Also it lets you estimate your retirement pay which is a cool

thing to know." The retirement calculator allows Soldiers to figure out what their benefits will be under the three different retirement systems: High Three, Final Pay and REDUX.

"MyArmyBenefits is the Army's one-stop official resource for all benefits information," Carlson said.

Until now, there was no one place to go for benefits information, according to Carlson, who explained that the info was "disseminated through a broad variety of channels." Benefit resource locators are part of the site, along with special Wounded Warrior and Casualty modules.

The Survivor Planning Calculator provides a personal report projecting lifetime Social Security and survivor's benefits. The report also factors in the Thrift Savings Plan, service members Group Life Insurance, or SGLI lump-sum payments and other benefits. The benefits calculator is "a perfect vehicle to have that 'what if' talk with the spouse that no one deploying ever wants to have," Carlson said. "but, like it or not, is absolutely necessary for the spouse's peace of mind."

Personal data for the calculators is drawn from the Defense Enrollment Eligibility Reporting System known as DEERS.

The calculators, including one for disability benefits, require Soldiers to log in using their Army Knowledge Online pass-



Screenshot by U.S. Army

A screenshot depicts the redesigned MyArmyBenefits Web site.

word. The only weakness of the site, according to one of its designers, is that the calculators currently are available only to active-duty Soldiers. However, Carlson said plans are underway to develop benefits calculators for National Guard and Reserve Soldiers as well.

Other sections of the site already address reserve-component Soldiers. One is the Deployment Planning Toolkit. This section

provides information on mobilization and deployment support, family assistance, pay and allowances, and programs such as the service members Civil Relief Act.

Sgt. 1st Class Pete Mayes said he was impressed with the site.

"I'm scheduled to deploy downrange sometime this year," Mayes said, "and this would be a great benefit to my wife and daughter."

New Army game receives five Guinness Book records

Lori Mezoff
Army News Service

SILVER SPRING, Md. — The America's Army PC game, which lets players explore Soldiering, has been recognized with five records in the upcoming Guinness World Records 2009: Gamer's Edition.

The second installment of the "Gamer's Bible," began hitting book-store shelves Feb. 4, featuring the definitive collection of video game records, facts and trivia. The first edition of Guinness World Records Gamer's Edition was published in February 2008, and received critical accolades from gaming industry reviewers.

Guinness World Records is the universally recognized authority on record-breaking achievement. First published in 1955, the annual Guinness World Records book is published in more than 100 countries and 25 languages and is one of the highest-selling books under copyright of all time with more than 3 million copies sold annually across the globe.

In this year's Gamer's Edition, the America's Army PC game received awards in the following categories:

- **Largest Virtual Army** — In January 2007, America's Army recruited its 8 millionth registered user; at the same time, the actual U.S. Army had just 519,472 Soldiers on active duty. This makes the virtual America's Army 15 times larger than the real thing. Today the game has more than 9.7 million registered users.

- **Most Downloaded War Video Game** — According to official estimates, America's Army, in all its various iterations, has been downloaded more than 42.6 million times. It is also the most downloaded game from Fileplanet.com, itself one of the most popular gaming download sites on



Screenshot by U.S. Army

The America's Army PC game will receive recognition in the upcoming book "Guinness World Records 2009: Gamer's Edition."

the Internet. The most recent version of the game was downloaded almost 2.4 million times between January and July 2008.

- **Most Hours Spent Playing a Free Online Shooter** — According to the U.S. Army, as of August 2008, gamers have spent more than 230.9 million hours playing the PC version of America's Army. Gamers from more than 60

countries have played America's Army since it was launched in 2002.

- **Earliest Military Website to Support a Video Game** — The Web site *americasarmy.com* is the first military Web site to support a video game series. America's Army is also the first multi-platform game to receive a government-licensed trademark.

- **Largest Traveling Game Simulator** — The Virtual Army Experience is a highly modified version of America's Army that includes six life-size vehicles surrounded by multiple flat screens, with room for up to 50 participants. Mounted in the vehicles are modified light-gun weapons.

The teams inside each vehicle, which shakes in reaction to nearby explosions, are tasked to drive supplies to a beleaguered group of aid workers in dangerous territory. The exhibit takes up 19,500 square feet.

The U.S. Army recently announced the upcoming America's Army 3 game will be released later this year. AA3 will be rated T for Teen by the Entertainment Software Rating Board. AA3 will use the state-of-the-art Unreal Engine 3. America's Army game developers promise to bring the most popular trademark gameplay features from the previous versions to an all new level in AA3.

Highlights of AA3 include authentic weapons and technologies, realistic training and exciting gameplay missions. AA3 will provide players new insights into the Army and Soldiering, officials said, adding it will make the game easier to play, easier to install and easier to download.

Editor's note: Lori Mezoff writes for the America's Army PC team.

FOCUS ON FAMILIES



Photo by Crystal Lewis Brown

From left (foreground): Staff Sgt. Anthony Riggs, 171st Infantry Brigade, his wife, Rayne, and Talia Hill look on as Janine Smith demonstrates how to change a baby's diaper.

ACS classes offer help to new parents

Crystal Lewis Brown
Leader Staff

As a child, I was never the one who gravitated toward baby dolls. Pushing baby in the stroller, changing diapers and feeding — even pretending to do so — didn't exactly seem like fun to me. As I grew older, I had a few stints at babysitting (well, one, at least) in which I remember looking at the baby, all wiggly and cooing and wondering what in the heck I was supposed to do.

Unfortunately, not much has changed. I say unfortunately, because with only days before giving birth to my first child, knowing what to do is at the top of my list of priorities for this year (right along with practicing a new language, and learning to cook at least one new dish a month).

It took the first two trimesters of my pregnancy to get used to the fact that I actually was pregnant, and now it is finally settling in that soon, I will be responsible for a tiny human being who will depend on me for everything: food, shelter and comfort. And frankly, I'm not sure if I'm ready for that.

Thankfully, I don't have to go through it alone. Besides my network of family and friends, Fort Jackson's Army Community Service offers a plethora of classes aimed at giving new parents the tools they need to take care of their newest additions. The programs are designed for moms and dads before and after pregnancy.

With three weeks left before my due date, I attended the baby bundle/baby basics class. In addition to receiving a huge bundle of stuff for my baby boy (which included blankets, diapers, socks and the cutest little onesies you've ever seen) the class facilitator doled out plenty of helpful advice.

We learned how to dress a baby, how to change a diaper and what to do when you can't seem to stop your little one from crying. And though these things all seem rudimentary, I assure you, for someone like me, seeing them demonstrated showed me how difficult a task lie ahead for me, but also gave me a sense of peace that I would be able to handle it.

The class also gave some important safety tips, from making sure the crib was safe to how to test the baby's bath water.

Most enlightening were the tips the teacher provided based on her personal experiences, and the round-table discussion atmosphere, which allowed other moms to speak up and share their stories. We also used dolls to practice the proper way to pick up the baby, change a diaper and change his or her clothes. (You'll be pleased to know that I got a "good job" for my picking up baby skills).

The facilitator, Tamica Doby, one of two new licensed social workers at ACS, was energetic and helpful — especially since it was her first time teaching the class. She and colleague Janet Cox also conduct the home visitation program, in which they visit new parents who may need a little help after bringing their little one home.

I can't say taking the class assuaged all the fears I had, but I definitely felt more confident in my limited parenting skills than when I walked in.

Besides, I know if I have any problems, Tamica and Janet are only a phone call and a car ride away — and, if necessary, I won't hesitate to call them.

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Editor's Note: Since writing the article, Brown has given birth to a healthy baby boy.

all about kids

What's the difference?

There are five things different between the picture on the top and the picture on the bottom. Can you find them all?



Answers: 1) Hair is darker 2) Earring has two hearts 3) "PSHHH" are missing 4) Shirt is white 5) Mouth is different



Which term is used to measure the energy in food?

Answer: Calorie

COMMUNITY HIGHLIGHTS

This Week

Pedicures and Pajamas

A.T.*E.A.S.E., the Attending To Enlisted Army Spouses Exclusively group, is having its first meeting 6-8 p.m. tomorrow at the Main Post Chapel Fellowship Hall.

The group's goal is to help drill sergeant spouses find a social network within the Fort Jackson community. The event is free and includes child care with snacks and dinner.

Participants should come dressed in pajamas. For more information call Tiffany Moss at 708-2869 or Amy Scarpulla at 708-0656.

ACS events

ACS supports Military Saves Week and will offer free financial seminars tomorrow and Saturday from 8:30 a.m. to 4:30 p.m. at the Solomon Center.

The seminars are meant to encourage, motivate and educate the community to increase personal savings, decrease debt and develop financial habits that lead to improved personal financial stability. For information call 751-5252.

ROCKS meeting

Monthly ROCKS meetings are held on the third Thursday of each month. For more information, call 751-1898.

Upcoming

Vehicle Registration hours

The Vehicle Registration office in the Strom Thurmond Building will close for

lunch, weekdays 1-2 p.m. During that hour, the Directorate of Emergency Services will offer vehicle registration.

For information, call Byron Jones at 751-6834.

Spouses' Club luncheon

The Fort Jackson Spouses' Club is hosting a "Make It, Bake It, Take It" lunch on Tuesday at 3606 Pershing Rd. in the housing area. The Italian-themed luncheon is free.

RSVP today at fjcsreservations@yahoo.com, or call 338-3882.

Wing cook-off

Family Morale, Welfare and Recreation is holding a Wing Cook-Off March 7, from 11 a.m. to 3 p.m. at Oyster Point, adjacent to the Officers' Club. Teams must register by Feb. 27.

For information, call Theresa O'Hagan at 751-6990 or call the Officer's Club at 782-8761.

AFAP Conference

The next Army Family Action Plan Conference is March 4 from 8 a.m. to 5 p.m. and March 5 8 a.m. to noon. Both events are at the Officers' Club.

Orientation class

The Employment Orientation class happens March 4 and 18 from 8:30 a.m. to noon at the Strom Thurmond Building, Room 222.

For information, call 751-5256.

Physical security class

A consolidated physical security class will be held 9-11:30 a.m., March 4 at the 1st Battalion, 34th Infantry Regiment's Neiman classroom, in the main headquar-

TRADOC's finest



Courtesy photo

Sgt. 1st Class James Tucker, Fort Jackson Equal Opportunity Advisor assigned to the United States Army Chaplain Center and School, holds his trophy after accepting the honor of Equal Opportunity Advisor of the Year for the Training and Doctrine Command.

ters building.

The class will include key control, crime prevention and weapons awareness.

For more information, call 751-6019/2550/2006 or 7076.

Employment Readiness

Army Community Services will host Employment Readiness Program Orientation March 4 and 18 from 8:30 a.m. to noon at the Strom Thurmond Building, Room 222.

Participants must register to attend. For more information or to register, call 751-5452.

Federal employment

The Steps to Federal Employment workshop will be held 8:30-11:30 a.m. March 25 at the Strom Thurmond Building, Room 222.

Participants must register to attend. For information or to register, call 751-5452.

Entertainers wanted

Recruitment is under way for U.S.A. Express, the Army Entertainment Division's deployable musical performance group.

For information and qualifications, go to www.armymwr.com/portal/recreation/entertainment/usaexpress/.

Announcements

Fort Jackson Thrift Shop

Two jobs are available at the Fort Jackson Thrift Shop. One is for donation clerk and the other is a cashier. Both are paid positions. For information e-mail Jan Negus at jadoscma@yahoo.com.

WorkKeys

ACS Employment Readiness is offering free WorkKeys preparation classes and assessments. The classes are March 3 from 9 a.m. to noon, March 10, 17, and 24 from 9 a.m. to 1 p.m. and April 2, from 9 a.m. to 12:30 p.m.

In order to get a career-readiness certification, one must attend all sessions. WorkKeys is a portable credential that easily moves to employment opportunities across the nation.

The class is open to all active duty Soldiers, retirees and family members. Registration is mandatory for all who want to attend. Call 751-4862 to register.

Financial readiness training

Self-paced computer-based financial

COMMUNITY HIGHLIGHTS

Looking for a home



Photos by Daniel Terrill

From left, a 2-year-old gray female cat; a 2 or 3-year-old mixed breed female dog; a 4-year-old black male cat and a 2-year-old yellow lab mixed dog all need to be adopted. For information on pet adoption or other services, call the Veterinary Clinic at 751-7160.

readiness training is available to all registrants via the Lifelong e-Learning Center. Go to www.myarmylifetoo.com to take the course. To speak to a financial readiness caseworker, call 751-5256.

New Safety center Web site

The U.S. Army Combat Readiness/Safety Center has launched a new Web site, which can be found at <https://safety.army.mil>.

Financial planning help

Army Community Service has three certified financial planners available from 8 a.m. to 5 p.m., Monday through Friday

to help Soldiers, retirees and family members with free and confidential advice.

To make an appointment, call 751-5256.

Early hours for Car Care Center

The Fort Jackson Car Care Center will open at 7 a.m., instead of 8 a.m., for a 120-day trial period to help customers.

FMWR key fobs

Family and Morale, Welfare and Recreation is offering key fobs for patrons of FMWR exercise facilities for easier access.

Soul Line dancing

A new Soul Line dancing session is under way. The cost is \$4 per class or \$20 per month for a membership, which includes access to all aerobic classes.

Dance classes are offered Tuesdays and Fridays. For more information or to register, call 751-4893/5317.

DOVE Connection

A DOVE Connection lunch and learn empowering women is set from noon to 1 p.m., the third Tuesday of each month at 5615 Hood St., Room 10.

For more information or to register, call 751-6303.

Housing area traffic changes

Demolition and construction is currently taking place. Roads will be closed and redirected. Changes include:

Howie Village — Furman Smith Road at McLeod Court has been changed to two-way traffic.

On-street parking will not be allowed from that point on. Overflow parking will be available in McLeod Court. Furman Smith Road off Lee Road will be redirected to Semmes Road and Knight Avenue.

Pierce Terrace 2 — Owens Road

between Mills and Willett roads is closed, including Wells and Yarbrough courts. Pedestrian and vehicular traffic is available off Willet and Chesnut roads.

Pierce Terrace 6 — Mills Road from Brown Avenue to Imboden Street is closed, including Batson and Boone courts. Also closed are buildings 5717, 5719, 5721, 5723, 5729 and 5751. Imboden Street is open to pedestrians and motorists.

Bradley Court and Building 5790 — This area is fenced off. Brown Avenue is open to pedestrians and motorists.

Family Child Care Web site

The Family Child Care Web site, www.armyfcc.com, offers installation program information about FCC for the general public.

Interested parents may visit CYSS Central Enrollment or the FCC office to request a password to view FCC provider profiles.

EO Training Web site

The Equal Opportunity Training Proponent has launched EO Net. The site is available for anyone with a valid AKA account. For more information, visit <https://www.us.army.mil/suite/page/463396>.

Welcome home



Courtesy photo

Jo Ann Miller, Fort Jackson Red Cross station chair, poses in front of Air Force One at Bagram Air Base in Afghanistan. She recently returned to Fort Jackson from a four-month deployment.

Cookie time



Photo by Susanne Kappler

Brig. Gen. Bradley May, Fort Jackson commanding general, greets Girl Scouts Emily Heintzelman, Daisy, 7, and Abbigail Colby, Junior, 10, before picking his first box of Girl Scout Cookies Feb. 19 at the Main Post Exchange. Girl Scouts will be selling cookies on weekends at the PX and the Commissary through March 14. All peanut products used in the production of the cookies have been tested and cleared of any potential health risk.

HEALTH

Heart health starts with lifestyle changes

BethAnn Cameron

U.S. Army Center for Health Promotion and Preventive Medicine

February, American Heart Month, is a good time to remember that heart disease is preventable, and — no matter how young you are — it is not too soon to think about taking care of your heart.

Heart disease is the leading cause of death in the United States, causing more than 652,000 deaths in 2005. Nearly 2,400 Americans die of heart disease each day. In 2006, more than 80 million people had heart disease, a disease of the heart and blood vessels.

Arteries thicken and harden over time with a build-up of plaque. Plaque is made from cholesterol and fatty substances that cause the arteries to become clogged and block the blood flow to the heart. That part of the heart dies when blood flow is blocked.

Positive lifestyle changes can reduce a person's risk of heart disease. The following are steps to take at any age to help prevent heart disease.

Make a yearly date with the doctor.

Get blood pressure, cholesterol and blood sugar checked. Put the date on the calendar as a special date just like birthdays or anniversaries.

Be physically active daily.

Take the stairs instead of the elevator. Park far away from your destination. Step, march or jog in place for at least 15 minutes while watching television. Exercise at least 30 minutes, five days a week or more. Walk. Get a step counter and set a goal to walk at least 10,000 steps daily.

Maintain ideal weight.

Being overweight increases the risk of heart disease and stroke. To achieve long-term weight loss, don't skip meals but eat 200 to 300 calories fewer each day. This amounts to one slice of bread, one pat of butter or one-half cup of regular soda. Eat smaller portions. Eat breakfast every day.

Control high blood pressure.

Cut down on salt to help lower high

blood pressure. Eat less than 2,400 milligrams of sodium per day, about one teaspoon of salt.

Read food labels.

Eat less food that has sodium in its name, such as monosodium glutamate. Use the DASH diet, Dietary Approaches to Stop Hypertension, which helps to reduce blood pressure and is low in fat. The DASH eating plan has heart healthy menus and recipes. For more on the DASH eating plan, visit www.nhlbi.nih.gov/health/public/heart/hbp/dash.

Quit tobacco use.

Smoking reduces the amount of oxygen in the blood and raises blood pressure. To quit smoking, make a personal quit plan. Pick a quit day. Avoid setting a date close to an activity or a holiday that causes extra stress.

Get rid of tobacco in the house, car and workplace. Avoid smoking areas or being around people who smoke. Quitting

smoking requires several methods to change personal habits.

The American Lung Association has an online smoking cessation program available at <http://www.ffsonline.org/>. For Soldiers, www.Ucanquit2.org offers a quit plan.

Cut down on alcohol.

Too much alcohol can raise blood pressure, cause heart failure and lead to a stroke. Drink a moderate amount of alcohol, if you drink. "Moderate" means an average of one drink for women and two drinks for men per day. One drink is a 12-ounce can of beer or 4 ounces of wine, or 1-1/2 ounces of liquor.

Manage your stress.

People can have a healthier heart when they reduce stress. Stress raises blood pressure and can damage the arteries. Use relaxation methods such as deep-breathing exercises, counting to 10 and meditation to manage stress. Rest and relax daily.

Checking product recall information

COMMENTARY

Maj. Kirsten M. Anke

U.S. Army Center for Health Promotion and Preventive Medicine

Remember hearing about lead found in children's toys and jewelry?

Sometimes consumer product recalls make national news, but every month there are new lists of product recalls and recall alerts. The U.S. Consumer Product Safety Commission monitors over 15,000 kinds of household items and sports equipment. The CPSC reports products that pose a fire, electrical, chemical or mechanical hazard, or a product that can injure children.

Military families are great at purging and merging "stuff." When the time comes to PCS, whatever clothing, toys or furniture is not needed or want, we gladly sell or donate. When at the next location, we often inherit or obtain appliances, electronics, outdoor equipment and much more to help make the most of the assignment.

Whether we buy retail or shop and sell through yard sales, thrift shops, advertisements in the local paper, postings on a community bulletin board or online, we need to know if the product has been recalled for any reason.

What about the safety of your food, medicine, cosmetics, pesticides or motor vehicles and boats? Look to www.recalls.gov for all federal product recalls. At this

site you have access to six different federal agencies that report unsafe, hazardous or defective products.

Before you buy, sell, donate or accept children's car safety seats, pet supplies, household or yard chemicals, or any other product, make sure there is not a recall on the item. An easy way to stay informed is to sign up for free e-mail alerts and safety notices from the different federal agencies:

The Consumer Product Safety Commission Web site, www.cpsc.gov, offers information on appliances, clothing, children's products, electronic and electrical equipment, furniture, lighting, household and outdoor items, and sports and exercise equipment.

The Food and Drug Administration Web site, www.fda.gov, lists recalls for food, drugs, vaccines, cosmetics, medical devices, veterinary products, and pet and farm animal feed.

Check the USDA Food Safety and Inspection Service Web site, www.fsis.usda.gov, for meat, poultry products and eggs.

The U.S. Environmental Protection Agency Web site, www.epa.gov, offers information on pesticides, rodenticides, fungicides and vehicle emission testing.

The National Highway Traffic Safety Administration Web site, www.safercar.gov, lists child safety seats, tires, motor vehicles and equipment.

The U.S. Coast Guard site, www.uscgboating.org, offers information on boating safety, recreational boats and personal watercraft, and boat manufacturer-installed equipment.

Cataract evaluations

The Moncrief Army Community Hospital Ophthalmology Clinic will be conducting quick cataract evaluations tomorrow for all beneficiary categories, including active duty family members, retirees and retiree family members of all ages. Contact the clinic at 751-5406 to schedule an appointment. One does not need a referral to call for an appointment.

Helpful Information

Reach MACH toll-free at (877) 273-5584 or locally at 751-CARE (2273), or visit online at www.moncrief.amedd.army.mil or www.tricare.osd.mil

TRICARE Prime

The TRICARE Service Center has moved to the 10th floor. Offices for the Exceptional Family Member Program and Educational and Developmental Intervention Services have moved to the 10th floor. Beneficiaries enrolled in TRICARE Prime at MACH can schedule an appointment around the clock at www.tricareonline.com or www.moncrief.amedd.army.mil. For more information, call 751-2752.

Medical Records

Medical records are the property of the U.S. government and must be turned in at the Medical Records Station upon enrolling at MACH. Call 751-2471 for a copy of records.

Victory Travel extravaganza brings world of vacations

Theresa O'Hagan

Family and Morale, Welfare and Recreation

Victory Travel will hold its third annual Travel Fair, Victory Travel Extravaganza 2009, at the MG Robert B. Solomon Center, 2-6 p.m., Monday.

Don Jackson, manager of Victory Travel, began planning the event in early November. Past extravaganzas started in the morning. Jackson delayed the event to start in the afternoon to make it more accessible to Soldiers and other members of the Fort Jackson community who could attend.

Jackson is looking forward to this year's event and to showcasing various travel vendors.

"We had a very good response," Jackson said. "Even travel vendors and various vendors who could not attend sent information and prizes for the event."

Jackson said he expects around 20 vendors to participate this year.

Prizes will include T-shirts, tickets to local attractions such as Riverbanks Zoo, weekend stays at select hotels, gift baskets and \$250 from Family and Morale, Welfare and Recreation and Victory Travel.

All of the past vendors have praised Jackson, his staff and the Solomon Center staff, many saying they had already participated in several shows that year and Fort Jackson's was "far and away the best."



Today

Southern Style Lunch Buffet

from 11 a.m. to 2 p.m. at the Officers' Club. The buffet is open to the public.

Visit **Century Lanes** for food, fun and bowling.

Magraders Pub is open for lunch for family members from noon to 4 p.m., Thursdays.

A free **Skills Session in Track** will be held 5-7 p.m. at the Youth Sports Complex.

Friday

Artistic Expression with Jake begins 6:30 p.m. at the Youth Center Teen Room.

Dance to a variety of music provided by DJ Randall at **Magraders Club** from 9 p.m. to 3 a.m. The club is located in the back of Magraders Pub, and the cover charge is \$3 for military and \$5 for civilians.

Every Friday is **Fish Fry Friday** at the Officers' Club, from 11 a.m. to 1:30 p.m. Lunch at the Officers' Club is open to everyone.

Tomorrow is the last day to register for the Fort Jackson **Inaugural Wing Cook-off**. Registraton takes place at the Fort Jackson Officers' Club.

Saturday

Step Team practice begins 2 p.m. at the Youth Center Dance Room.

The NCO Club presents **Classic Soul Saturday** from 9:30 p.m. to 2 a.m. in the Excalibur Room. The cover charge is \$3 for military and \$5 for civilians. The event features live broadcasts from the BIG DM 101.3 with giveaways 9:30-11 p.m.

Sunday

No Sunday brunch at the Officers' Club today. This Sunday, bring the chil-

dren for a child's-height buffet and fun craft project to make and take home.

Enjoy **Family Day at the Youth Center**, 2-6 p.m.

Monday

The **NCO Club** presents a **full lunch buffet**, featuring fried chicken or fish, fresh vegetables, a full salad bar, soup, assorted desserts and a beverage from 11 a.m. to 1:15 p.m., for \$7.

Victory Travel hosts its **Extravaganza** at the Solomon Center, 2-6 p.m. Vendors from all over will provide information, special offers and prizes.

The **Play Group** meets 10-11:45 a.m. at 5615 Hood St., Room 8.

Tuesday

Movie Night begins 6 p.m. at the Youth Center in the Teen Room.

Enjoy **free movies** every Tuesday at Magraders Pub.

The **La Leche League**/breast feeding support group for expecting and nursing mothers meets 10-11:45 a.m. at the Joe E. Mann Building at 3392 Magruder St.

Wednesday

Be a sensation with **Karaoke with Tom Marable** at **Magraders Club** at 7:30 p.m. Cover charge is \$3 for military and \$5 for civilians.

Visit the Officers' Club for a **Mongolian Barbecue Lunch Buffet**, from 11 a.m. to 2 p.m.

Letters of intent for darts are due to the Sports Office by close of business.

A **Post Newcomers Orientation** is 9 a.m. in the Post Conference Room, Bldg. 5450, Room 213.

A **Phase II Levy Brief** is 2:30 p.m. in Bldg. 5450, Room 213. This is mandatory for Soldiers going on an overseas tour.

An **Employment Readiness Program Orientation** is from 8:30 a.m. to noon in the Strom Turmond Building, Room 222. Attendees must register by calling 751-5452.

Ongoing Offers

The **Officers' Club** is ready to host your next special event. The club's professional staff will ensure every detail is attended to so your event will be to your specifications. Now is the time to start booking your holiday and 2009 events.

The Officers' Club's goal is to provide quality, consistent service and exceptional, creative cuisine to members and guests.

The club offers and specializes in wedding receptions, anniversary parties, promotions and all special occasions.

Membership is open to officers (active duty, retired, Reserves and National Guard) and DoD civilian employees GS-7 and above, and NF 03 and above. For more information, call 782-8761.

- The **NCO Club lunch buffet** is served from 11 a.m. to 1:15 p.m., daily. The cost is \$7 for adults and \$3.75 for children.

- The **NCO Club breakfast** is served 6-9 a.m., Monday through Friday. The cost is \$7 for adults and \$3.75 for children 4-10 years old.

- The **Officers' Club specializes in catering** wedding receptions, anniversaries, promotions and other special occasions.

- The **NCO Club caters** to all your needs: dining in, dining out, promotions, breakfasts, meetings, birthdays, weddings, graduation, retirements and other special occasions.

- **Victory Travel** has special offers for a variety of dinner shows and attractions. Currently offered are discounted tickets to Carowinds, \$28 per ticket, and Six Flags, \$27 per ticket, for the 2009 season. Some offers require reservations.

For more information, visit Victory Travel in the MG Robert B. Solomon Center. Reservations are required for the following dinner shows:

Myrtle Beach: Dixie Stampede, Medieval Times, Legends Theatre, Carolina

Opry, Ripley's Aquarium and Palace Theatre.

Tennessee: Dixie Stampede, Country Tonigt, Grand Illusions, Grand Ole Opry, Ryman Museum, Rainforest Adventures, Ripley's Aquarium, Ripley's Believe It or Not, Ripley's Haunted Adventure, and Ripley's Moving Theatre.

Florida: Dixie Stampede, Medieval times, Pirates Dinner Adventure, Sleuths Mystery Dinner, Arabian Nights, Ripley's Believe It or Not Museum, The Holy Land Experience, Fantasy of Flights, Kennedy Space Center, Titanic the Exhibition, The Orlando Science Center, Florida Splendid China, and Cypress Gardens.

- **Child, Youth and School Services** provides child care and youth programming on Saturdays at no cost for active duty parents who must work to meet mission requirements and for National Guard and Reserve Soldiers during Battle Training Assembly. Care is offered from 5 a.m. to 6 p.m. at multiple locations.

For more information about:

- Registration, call 751-4865.
- Six weeks-kindergarten, call 751-6221/6230.
- Grades 1-5, call 751-1136/6387.
- Grades 6-12, call 751-3977/6387.
- Child Development Home serving children between 6 weeks and 12 years old, call 751-7169/7170.

- Enjoy resort accommodations for between two and six people for less than one would pay for most hotels with the **Armed Forces Vacation Club**. For details of resort availability, call the reservation center at (800) 724-9988.

Be sure to say you are a first-time Armed Forces vacation caller. A vacation counselor will take your enrollment and help you find an available resort. Fort Jackson is Installation No.164.

- **Child care** fees are based on total family income (not rank or grade). Care during duty hours is work-related, so fees are based on a family's ability to pay a fair share. For more information, call 751-4865.

FIRST RESPONDER



The following are incidents compiled from reports, complaints or information received from the Fort Jackson Provost Marshal Office.

The incidents reflected are not an adjudication attesting to the guilt or innocence of any person and are provided for informational and reflective purposes only.

Lt. Col. Ronald F. Taylor
Director, Emergency Services/Provost Marshal
Sgt. Maj. Allen Taylor Jr.
Provost Sergeant Major
Billy Forrester
Fire Chief

Cases of the Week

A drill sergeant and three Soldiers were involved in a traffic accident off post. Military Police said the drill sergeant's vehicle was struck by another vehicle, causing him to lose control. Two of the three passengers suffered bruises and lacerations. The third passenger was admitted to the hospital with a concussion.

The drill sergeant was arrested and charged with **drunken driving**. He posted a \$997 bond and was released to his unit. The investigation continues by MPs and South Carolina Highway Patrol.

A Soldier contacted the MPs to report **larceny of private property**. Money was stolen from his and his wife's wallets, MPs said. The wallets were in an on-post housing unit. The home's entrances showed no signs of forced entry or tampering. The investigation is complete.

Provost Marshal's Tip of the Week

As the summer months approach and the sun rises higher, many people make the decision to place tint on their vehicle windows. While this can help to reduce the sun's

glare, and can even improve the appearance of a vehicle, there are, laws governing how tint can be applied to a vehicle's windows.

On Fort Jackson, because state tinting laws vary, law enforcement officers enforce window tinting laws based on the state of the vehicle's registration. If your vehicle is not registered in South Carolina, check with the Department of Motor Vehicles for that state's tinting laws.

While South Carolina's tinting law is much too lengthy to print here, the basics are as follows:

A sunscreening device must be nonreflective and may not be red, yellow, or amber in color.

A sunscreening device on a windshield may be used only along the top of the windshield. This is called the "AS" line.

The sunscreening device must be nonreflective and the combined light transmission of suncreening material must not be less than 27 percent.

All tints added after factory-installed sunscreen devices must contain the following information:

- The percentage of light transmission allowed by the sunscreening device.
- The identity of the installer by name, address, and telephone number.
- The date of installation.

These are only the highlights of the law. To read the South Carolina law on window tinting, visit the South Carolina Department of Motor Vehicle Web site at scdmvonline.com.

crimestoppers
1-888-559-TIPS
www.midlandscrimestoppers.com

Serve in the Military as a Federal Agent!



Become a CID Special Agent, conduct felony investigations, provide executive protection for DoD leaders and help safeguard the community at home and U.S. Soldiers worldwide.

Training Opportunities:

FBI National Academy
Metropolitan Police
Academy of Scotland Yard
Canadian Police College
Protective Service
Crisis/Hostage Negotiation
Masters of Forensic Sciences
Computer Crimes
Weapons of Mass Destruction
Crime Scene Processing
DoD Polygraph Institute
Counter-Narcotics
Economic-Crimes

Primary Requirements:

- Minimum age of 21
- Maximum grade of E-5 (non-promotable) **MPs now maximum of E-6**
- Minimum of two years of military service but not more than 10
- Minimum of 60 college credit hours from an accredited institution (May waiver to 30 hours) **(MPs now minimum of 15 credits)**
- Minimum ST score of 107 or higher
- Pass the APFT and meet AR 600-9 standards.
- Must possess a valid driver's license
- Ability to speak and write clearly
- Must qualify for a Top Secret clearance
- No civil court or court martial convictions
- No record of unsatisfactory credit
- Contact your local CID office for additional and updated prerequisite information



For more information call contact
SA Jennifer SKUTA
(803) 751-7664/7665

Or visit our web site at
www.cid.army.mil

LEGAL/INSPECTOR GENERAL

Recovery rebate credit confusion diffused

Capt. Vito Abruzzino
Judge Advocate General office

With tax season well under way, there has been a substantial amount of confusion from filers with regard to the economic stimulus payments received last year.

This article is intended to help explain the calculation on this year's tax return for your recovery rebate credit. RRC is calculated in light of the amount of economic stimulus received in 2008.

The economic stimulus checks that most taxpaying Americans received last year were actually advances of the RRC.

If you did not receive an economic stimulus check last year, you are entitled to an amount this year in the form of the RRC.

The economic stimulus check you received in 2008 was calculated by the IRS using 2007's tax return, so there may be some discrepancies. These discrepancies are accounted for through this year's RRC.

Most Americans received \$600 if they were a single filer in 2007, \$1,200 if married filing jointly in 2007, and \$300 additional for each child they listed as a dependent.

The good news on this calculation is that if you were overpaid because your filing status changed in 2008, you do not have to repay the amount.

However, if you were underpaid because you now have more dependents, you will receive the extra amount in this year's refund.

The problem that many filers face is entering the incorrect amount of economic stimulus payment received in 2008.

Professionals at the Fort Jackson Tax Center, have the ability to find the precise amount you received off the IRS Web site and enter it correctly.

If the incorrect amount is entered, the return is kicked back by the IRS as having an error.

As a basic guideline, you may be eligible to receive the RRC if any of the following apply:

- Individuals who did not receive any 2008 economic stimulus payment;
- Those who received less than the maximum 2008 economic stimulus payment: \$600 per taxpayer filing individually; \$1,200 if married filing jointly;
- Families who gained an additional qualifying child in 2008;



Operation Hours

Fort Jackson's Legal Assistance Office, located in the Office of the Staff Judge Advocate, 9475 Kershaw Road, is open 9 a.m. to 4 p.m., Monday through Thursday.

For appointments, call 751-4287. The office accepts walk-ins for living wills, health care powers of attorney and durable powers of attorney, 1:30-4 p.m., Tuesdays and Thursdays.

Walk-ins are welcome for general legal questions and are accepted 9-11 a.m., Thursdays.

— Individuals who could be claimed as a dependent on someone else's tax return in 2007, but who cannot be claimed as a dependent on another return in 2008;

— Individuals who did not have a valid Social Security number in 2007, but who did receive one in 2008.

The 2008 RRC is a new credit appearing on the 2008 income tax forms that are due in April 2009.

Either you received your credit as an advance in 2008 (the economic stimulus payment) or you claim it when filing your 2008 taxes (the recovery rebate credit); thus, the net effect is the same.

If you have any questions or concerns about how the new credit will affect your 2008 tax return, or for help with filing your tax return, call the Fort Jackson Tax Center, open now through April 17, at 751-JTAX (5829).

Whistleblower policy protects against reprisals

Master Sgt. Antoinette Green
Inspector General office

Sergeant John Doe received an Article 15 last week for insubordination and misconduct.

He also received a counseling statement, stating he is not being recommended to attend next month's promotion board.

He admits that he was insubordinate and he had been late for formation on a few occasions, but he doesn't believe this is the actual reason for him receiving the Article 15. He thinks it is based on reprisal.

Six months ago, Sgt. Doe made an IG complaint against his command about the mistreatment of Soldiers in his unit and an investigation was conducted. Now he feels he is being punished for it. Is he a victim of the Military Whistleblower Protection? No.

Whistle blower: A member of the Armed

Forces who makes or prepares to make a protected communication.

Reprisal: Taking or threatening to take an unfavorable personal action, for making or preparing a protected communication.

Protected communication is a communication in which a member of the Armed Forces communicates information that the member reasonably believes evidences a violation of law or regulation, including sexual harassment or unlawful discrimination, gross mismanagement, a gross waste of funds or other resources, an abuse of authority, or a substantial and specific danger to public health or safety.

Department of Defense Directive 7050.6 policy states that: Members of the Armed Forces shall be free to make a protected communication without restrictions

or reprisal. Protected communication would be to:

- A member of Congress.
- An inspector general.
- A member of DoD audit, inspection, investigation, or law enforcement organization.
- Any other person or organization (including any person or organization of the chain of command) designated under DoD Component regulations or other established administrative procedures to receive such communications.

Four questions can be asked to determine if military whistleblower protection has been violated:

- Is there protected communication?
- Was there adverse personnel action taken or favorable action withheld?
- Does management have knowledge

of the protected communication?

— Was there an independent basis for the action?

If yes can be answered to all four of these questions then DoD DIR 7050.6, paragraph 4.4 has been violated and is punishable as a violation of Article 92 of the Uniform Code of Military Justice.

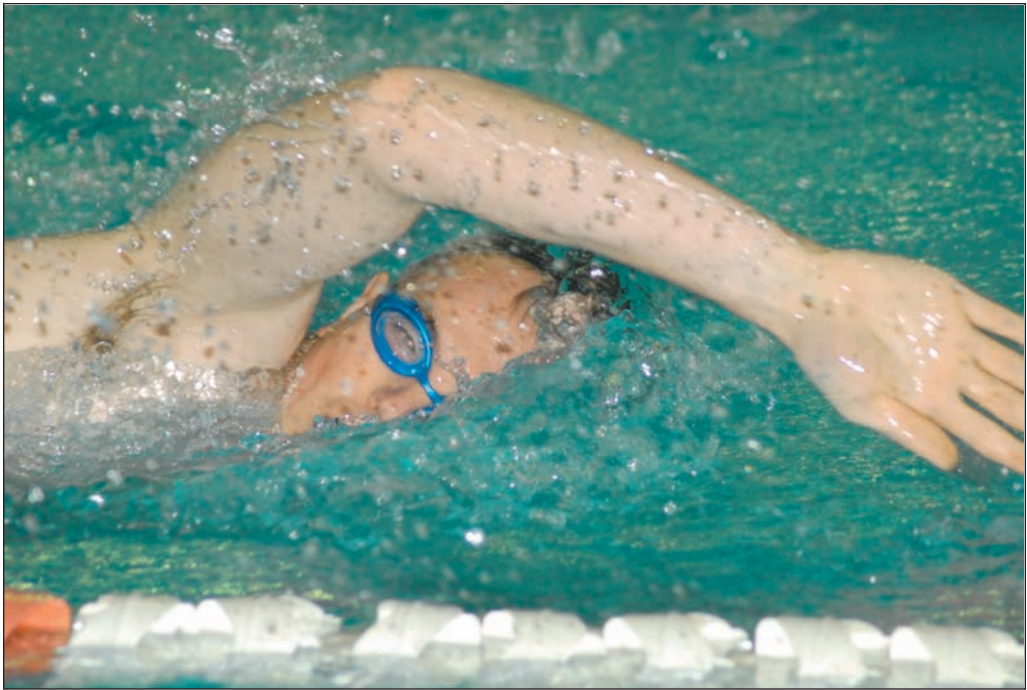
DoD Civilian employees who violate paragraph 4.4 are subject to disciplinary or adverse action for misconduct pursuant to Chapter 75 of Title 5 United States Code.

Complaints of reprisal to the IG, DoD, may be made by telephone at (800) 424-9098 or by e-mail at hotline@dodig.osd.mil, or by letter addressed to:

Department of Defense Inspector General
Attention: Defense Hotline
1900 Defense Pentagon
Washington, D.C. 20301-1900

SPORTS/FITNESS

Just keep swimming ...



Photos by Susanne Kappler

Above: David Feltwell, MEDDAC, competes in the free relay during the Winter Swim Meet at Knight Pool Tuesday. The event featured 50 and 100 meter heats in different categories as well as two team relays.

Right: Autumn Rodriguez, MEDDAC, prepares to push off before the 100 backstroke heat. Rodriguez finished first in the 100 backstroke, 100 free and, as part of the MEDDAC team, the free relay.



2009 Winter Swim Meet Results

Heat 1: 50 Free, male, 35-44

1st place : Ron Doiron, MEDDAC
2nd place: Michael Bailey, 4-10
3rd place: Richard Teolis, TSB
4th place: Ji Oh, 4-10

male, 35-44

1st place: David Feltwell, MEDDAC
2nd place: Ron Doiron, MEDDAC
3rd place: Ji Oh, 4-10

Heat 2: 50 Free, female, 19-34 male, 19-34

1st place: Latasha Watson, 187th
1st place: Paul Purser, MEDDAC
2nd place: Larry Brown, TSB
3rd place: David Carr, TSB

Heat 7: 50 Breast, female, 19-34 male, 19-34

1st place: Latasha Watson, 187th
1st place: Andrew Kennedy, 4-10
2nd place: Christopher Hoffman, TSB

Heat 3: 50 Butterfly, female, 19-34

1st place: Michelle Bridegroom, TSB

female, 35-44

1st place: Carolyn Martinez, MEDDAC

male, 19-34

1st place: Andrew Kennedy, 4-10
2nd place: Philip Colopy, 187th

male, 35-44

1st place: Michael Bailey, 4-10

Heat 8: 100 Breast, female, 19-34

1st place: Michelle Bridegroom, TSB

male, 19-34

1st place: Michael Block, MEDDAC

Heat 9: 100 Back, female, 19-34

1st place: Autumn Rodriguez, MEDDAC

male, 19-34

1st place: Philip Colopy, 187th

male, 35-44

1st place: Larry Brown, TSB

Heat 4: 50 Back, male, 19-34

1st place: Michael Block, MEDDAC
2nd place: Dax Burroughs, 187th
3rd place: Christopher Hoffman, TSB
4th place: David Carr, TSB

Heat 5: 100 Free, female, 19-34

1st place: Autumn Rodriguez, MEDDAC
1st place: Paul Purser, MEDDAC
2nd place: Dax Burroughs, 187th

male, 19-34

1st place: Paul Purser, MEDDAC
2nd place: Dax Burroughs, 187th

Free Relay

1st place: MEDDAC
2nd place: 4-10
3rd place: 187th

Medley Relay

1st place: SSI

Commander's Points

1st place: MEDDAC, 153 points
2nd place: TSB, 113 points
3rd place: 187th, 85 points
4th place: 4-10, 76 points

Basketball standings*

Monday/Wednesday League

2-13 8-2
4-321st 8-2
Swampfoxes 7-2
SSI 5-3
187th 4-5
PES 4-7
3-13 1-8
3-60 1-8

Tuesday/Thursday League

That's Them 11-0
Niteflyte 7-2
4-10 6-3
120th 5-4
165th 5-6
DSS 5-6
SCNG 4-3
2-60 4-7
MEDDAC 2-8
JAG 0-10



* Standings as of Feb. 23.

Darts Standings

1st CivDiv — 18 points
Sharp Shooters — 13 points
2-13 — 12 points
Broken Arrow — 12 points
3-13 — 9 points, 1 make up needed
187th — 8 points, 1 forfeit, 1 make up needed
3-34 — 7 points, 1 make up needed
4-10 — 6 points, 1 make up needed
SSI — 3 points, 1 forfeit
120th — 2 points, 1 forfeit

Sports Briefs

Golf League

Intramural and recreational golf league play will begin March 30. The deadline to sign up and submit handicaps is March 18. For more information, call 751-3096.

Summer Softball

Letters of intent for intramural and recreational softball are due March 26. Players must be at least 18. For more information, call 751-3096.

Double Dutch League

A meeting to establish a new Double Dutch league for

children 6-18 years old is scheduled for March 7, 11 a.m. at the MG Robert B. Solomon Center. For more information, call 751-5040

Important Numbers

For sports information, call 751-3096. For youth sports, call 751-5610/5040.